Month : July 2020

Theme: Back Yard Games Kick Ball #1 Lesson 27

Objective of lesson:

1. Learn a game you can play in your community

2. Have fun with friends

3. Stay active

Activities and Key learning points

\*Assure everyone follows Summer Precautions- use this time as a teachable moment

\*Only assist as needed for each step

[ ]  Red (Center based program

1. Prior to playing the game, watch a video of people playing kickball on utube.
2. Provide a large oversize ball that is soft and an orange base for the people to identify and touch while watching the video.
3. Environment should be big enough for people to have space to kick or roll the ball off their lap and to reach one base. Approximately 15 ft. between bases
4. Have one person at a time to approach the “home” base. Depending on the skill, either roll the ball toward the person to kick or place ball on lap and assist with pushing it into the field area.
5. Once the ball is in the field assist the person to reach the base.
6. Praise for a job well done.
7. Other players can spread out in the field area and try to stop the ball
8. All players will reach first base. They can never get out.
9. When the ball is kicked again by a peer, the person on first must return to home. This is when the ball can softly touch the person to be out. Make it fun.
10. Give people a few trials
11. Praise throughout

[ ]  Blue (Center/community based programs)

1. Prior to playing the game, watch a video of people playing kickball on utube.
2. Provide a large oversize or a soft rubber kick ball and an orange base for the people to identify and touch while watching the video.
3. Environment should be big enough for people to have space to kick or roll the ball off their lap and to reach the bases. Put bases in a diamond shape like a baseball field. Approximately 15 ft. between bases
4. Have one person at a time to approach the “home” base. Depending on the skill, either roll the ball toward the person to kick or place ball on lap and assist with pushing it into the field area.
5. Staff can assist a person to roll the ball softly and be the pitcher.
6. Players can spread out in the field area and try to stop the ball. Staff assist as needed.
7. Start with 4 people to take turns kicking/rolling the ball. As the person comes home or gets out, they should take the place of a person in the field. Then the field person gets in line to kick the ball.
8. Once the ball is in the field assist the person to reach 1st base.
9. Praise for a job well done.
10. All players will reach first base. They can never get out.
11. When the ball is kicked again by a peer, the person on first must run to second and so on. This is when the ball can softly touch the person to be out. Make it fun.
12. Give people a few trials
13. Praise throughout

Hint: If there aren’t many people playing you can use fewer bases.

[ ]  Green (Community Based)

1. Environment should be big enough for people to have space to kick a ball safely and to have four bases. Put bases in a diamond shape like a baseball field. Approximately 15 ft. between bases
2. Split into two teams.
3. Provide a way of identifying the order of who kicks first.
4. Have one person at a time approach the “home” base.
5. Assist Defense (people in the field) with spreading out. Identify a pitcher.
6. Pitch to everyone on the team. Count how many outs the team can get.
7. Praise for a job well done.
8. Make it fun.
9. Praise throughout
10. Switch places once everyone has had a turn to kick the ball.

Hint: If there aren’t many people playing you can use fewer bases.

Supplies needed

4 bases

Large soft kick ball

Rubber kick ball

Water to rehydrate

Feedback on Lesson

1.

2.

3.